

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-29-07)

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A925 – BEANS, GREAT NORTHERN, DRY, WHOLE, 25 LB



Nutrition Information

Great northern beans, dry, cooked, without salt

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. No. 1 grade dry Great Northern beans.
PACK/YIELD	<ul style="list-style-type: none"> 25 lb bag. One 25 lb bag AP yields about 62½ cups dry whole Great Northern beans and provides about 637.5 ¼-cup servings cooked, drained Great Northern beans OR about 318.7 ½-cup servings cooked, drained Great Northern beans. One lb AP yields 1 lb (about 2½ cups) dry whole Great Northern beans and provides about 25.5 ¼-cup servings cooked, drained Great Northern beans OR about 12.7 ½-cup servings cooked, drained Great Northern beans. CN Crediting: ¼ cup cooked, drained Great Northern beans provides 1-oz equivalent meat/meat alternate OR ¼ cup cooked, drained Great Northern beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store dry Great Northern beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold. Store cooked Great Northern beans covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	¼ cup (44 g)	½ cup (89 g)
Calories	52	104
Protein	3.69 g	7.37 g
Carbohydrate	9.33 g	18.66 g
Dietary Fiber	3.1 g	6.2 g
Sugars	N/A	N/A
Total Fat	0.20 g	0.40 g
Saturated Fat	0.06 g	0.12 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.94 mg	1.89 mg
Calcium	30 mg	60 mg
Sodium	1 mg	2 mg
Magnesium	22 mg	44 mg
Potassium	173 mg	346 mg
Vitamin A	0 IU	1 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.6 mg	1.2 mg
Vitamin E	N/A	N/A

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape. Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended. For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period. To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, add ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.
USES AND TIPS	<ul style="list-style-type: none"> Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or mold before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.